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Staff Writer

On Aug. 28, lawmakers passed a bill that will make California carbon-free by 2045.

Carbonless California by 2045

For months, California has been making adjustments to become more eco-friendly. In May, newly built homes were required to be solar powered to implement renewable sources into a major part of people's lives. Lawmakers are planning to stop using fossil fuels, such as gasoline. This would cause there to be more electric cars instead of gasoline powered cars, something that may be an issue for the state's general population. Electric cars are more expensive, making it harder to afford. California has also decided to generate 50 percent of its electricity from renewable sources by 2030; this new bill has pushed it to 60.

State Senator Kevin de León, who sponsored the bill, is aware of the views of the Trump Administration on environmental change and the dangers of climate evolution.

"This is a pivotal moment for California, for the country and the world," Executive Director of Sierra Club, Michael Brune said.

California is following Hawaii's steps, as they are also legislating 100 percent no cabon by 2045. Other states have also passed this bill such as New Jer-New York, and Massachussets.

California Votes to Ban Schools From Starting Early FRANCES BALDERRAMA

Staff Writer

a.m., providing schools to allow their students to sleep in so they can be fully aware and ready the following day. According to Science Daily, sleep helps people improve their performance of 'memory tasks'. Assemblymen suggest that this bill could change everything for the better in student's lives and help them succeed.

The bill, known as SB328, is being voted in to try and help kids excel in school work.

barely passed through the state legislature and must be fulfilled within three

vears of the finalization. One purpose to passing such a bill is to ensure that young people get an adequate amount of sleep which is a necessity in a student's life. "Leaders like Bill Gates, Jeff Bezos

and Sheryl Sandberg all say that get- cially in kids, sleep is a crucial key point to ting enough rest has helped them get Lawmakers are voting to pass a bill to ahead in their careers," Abigail Hess

prevent schools from starting before 8:30 said in an article published by CNBC.



This bill, however, was ARRIVAL Students walk through the gates of the school.

Such leaders who have been very successful throughout their careers have admitted to sleep being a beneficial factor in being able to do your best. However, espe-

being able to function the next day. However, this is not the case for all young people.

"In some cases it's okay but it really depends on the person specifically," Sophomore Sebastian Chen said. "For the average student though, they will most likely benefit from more sleep and less hectic morning routines."

> The less stress a student has to wake up early, get ready and be able to get to school on time can be very helpful or make life much easier to deal with. However, many assemblymen have realized that kids staying up late, from technology or homework and early school hours, is a major source of issues at school. If the time change is imposed, many students claim it would have an adverse effect on their already busy lives.

"Students won't be used to the new schedule and it would mess MOOR photo by JANET YU everything up for our sched-Freshman Kimberly Robles said.

This bill may not be the best for students who do not like change, but studies show that with more sleep comes an increase in performance.

Service Dogs and Qualifications

YI-FENG HO

Staff Writer

Animals are often regarded as people's best friends: they play around with their owners and often help out as well. As people's relationships with these animals develop deeper, people find ways for them to assist those who need help, such as those who are blind or have a disability. However, some people take advantage of these animals and services and use it for their selfish purposes. One of the most common ways to do so is by disguising one's house pet as a service animal, which their owners can bring with them when they are travelling, which is normally not allowed. Another way includes calling their pets emotional support animals without the proper qualifications. To curb such behaviors, the federal government has passed bills to punish those who abuse the help of service animals as well as to better define what a service animal is.

To be recognized as a service animal, there are many rules that need to be followed. As defined by the Americans with Disabilities Act, a service animal is usually a dog that is trained to perform tasks for someone with a disability. While they are allowed to be brought out in public, they must be controlled, meaning they need to be leashed or harnessed and they need to be providing service to their owners.

In California, the service dog owner needs to sign an affidavit proving that the dog is trained to help out, or else they could face six months in jail or \$1,000 in fines. The same punishment is given to those who pretend to be owners of these service dogs, under the Air Carriers Access Act.

der Historie der Op

Early Drug Addiction in Teens Be AISHANI SELLATHURAI EMILY TRAN

Editor in Chief Staff Writer

Adolescents who are exposed to drugs, alcohol and cigarettes at an early age are at risk of multiple issues. Teenagers who develop these addictions often suffer extreme side effects such as stiffened arteries, cancer and depression.

Professor John Deanfield from the UCL Institute of Cardiovascular Science conducted research on the effects of addiction within young adults. He revealed that there was an association between drinking and smoking and the delay in atherosclerosis progression. He noticed, even if it is deemed

as obvious, that once teenagers stopped smoking and drinking, their arteries re-

turn back to normal. Considering how fast these young adolescents can heal, Deanfield strongly asserts that teens should quit their unhealthy habits while they still can.

There are many resources to help



a person recover from their addiction, available at and outside of school. "Better education should be provided to students on the subject [of addiction]," freshman Jesus Muro said. "For example, teachers would show students how people's lives changed when they were addicted versus when they weren't."

comes Common

Hearing about the real-life experiences of young people who have suffered from drug addiction could be a way to caution students against smoking and drinking. Another way to prevent drug abuse is to make drugs, cigarettes and alcohol more difficult for teenagers to access.

"We should make cigarettes and alcohol less available," sophomore Milan Ledesma said. "The resources in school should be easier to access. If a person is already addicted, they should be sent to rehab.'

According to Treatment Solutions, five ways to prevent substance abuse would be to effectively deal with peer pressure, deal with life pressure, examine the risk factors, keep a well balanced life and to seek help for mental illness.

Attention Defecit

MAX TRAN

Staff Writer

According to the Center for Disease Prevention and Control, ADHD, also known as Attention Deficit Hyperactivity Disorder, causes symptoms like the lack of attention and impulsive behaviors. It is likely to be diagnosed early while someone is still a child. While the percentage of kids who were previously diagnosed with ADHD was 6 to 7 percent, according to JAMA Pediatrics, the number has risen to 10 percent as of 2015.

This sudden increase of ADHD cases brings up the question of what exactly is

causing ADHD. According to the CDC, factors that can cause ADHD include brain injury, premature delivery, as well as use of alcohol during pregnancy and low birth weight. It can also be caused by environmental issues for kids like poverty or family chaos. This can all cause a child to have ADHD as they grow older. A common misconception is that people get ADHD from eating too much sugar.

"ADHD is not a environmental factor" junior Jaylen Luc said. "I think that ADHD is increasing in recent years... due to over-diagnosis."

The CDC's statistics about the per-

centage of students with ADHD currently receiving treatment is at 77 percent amongst people age 2-17.

"Schools should pay more attention to cases of ADHD because many students have it but do not know what to do," junior Nushrat Esha said. "Schools should offer more resources in order to help these students gain confidence in themselves."

While there are many different potential solutions for this issue, one is to offer more people necessary treatment to deal with ADHD. If more people have access to treatment, there is a higher possibility of helping more people.

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